



KYGLIP Tablets

Issue IX, No.25, 2025

Sitagliptin as an Add-on Therapy to Other Glucose-lowering Agents in Patients with Type 2 Diabetes Mellitus: A Narrative

Sanjay Kalra, et.al; Journal of The Association of Physicians of India, Volume 73 Issue 4 (April 2025).

- The burden of type 2 diabetes mellitus (T2DM) is increasing in India, with increasing mortality and morbidity.
- In India, T2DM management is complicated by the presence of distinct clinical characteristics as well as certain socioeconomic factors of the patient population.
- These factors affect glycemic control and lead to poorer outcomes, necessitating the use of add-on treatments with safer medications, which can be used over the long term with minimal follow-up.
- As per the Research Society for the Study of Diabetes in India (RSSDI) guidelines, dipeptidyl peptidase-4 (DPP-4) inhibitors effectively achieve glycemic control both as monotherapy and as an add-on to various other drug classes, such as metformin, sulfonylureas, and TZDs, in patients who have inadequate glycemic control
- Sitagliptin is a DPP-4 inhibitor that inhibits the activity of DPP-4, a peptidase that degrades glucagon-like peptide 1 (GLP-1), a glucoregulatory hormone. It enhances glucoregulation in people with T2DM as monotherapy, as well as in combination with other antihyperglycemic drugs, and has a low risk of adverse side effects.

In combination with other antihyperglycemic drugs, Sitagliptin has a synergistic mechanism of action with a low risk of adverse side effects. Sitagliptin can be considered a comprehensive treatment option for add-on therapy for the management of diabetes in India.

